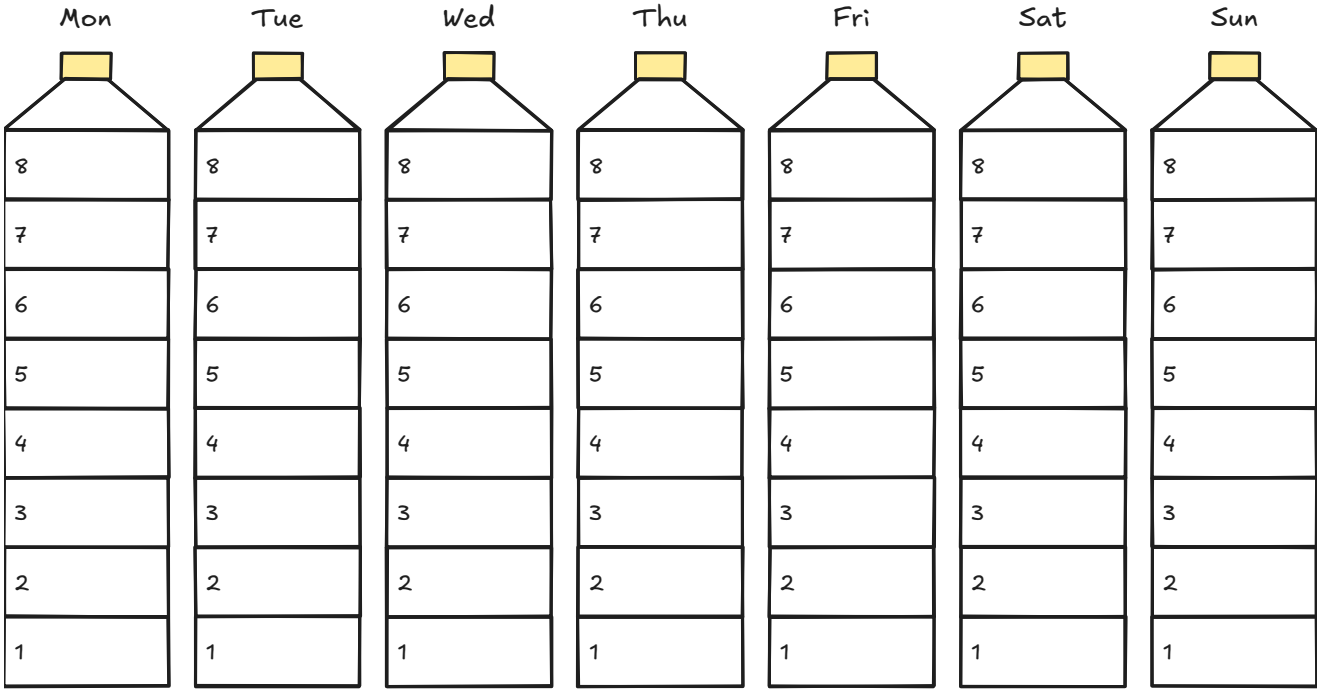
Water tracker

One bottle a day. Colour a band for each glass you drink, from the bottom up.



My goal, glasses a day _____ Week total

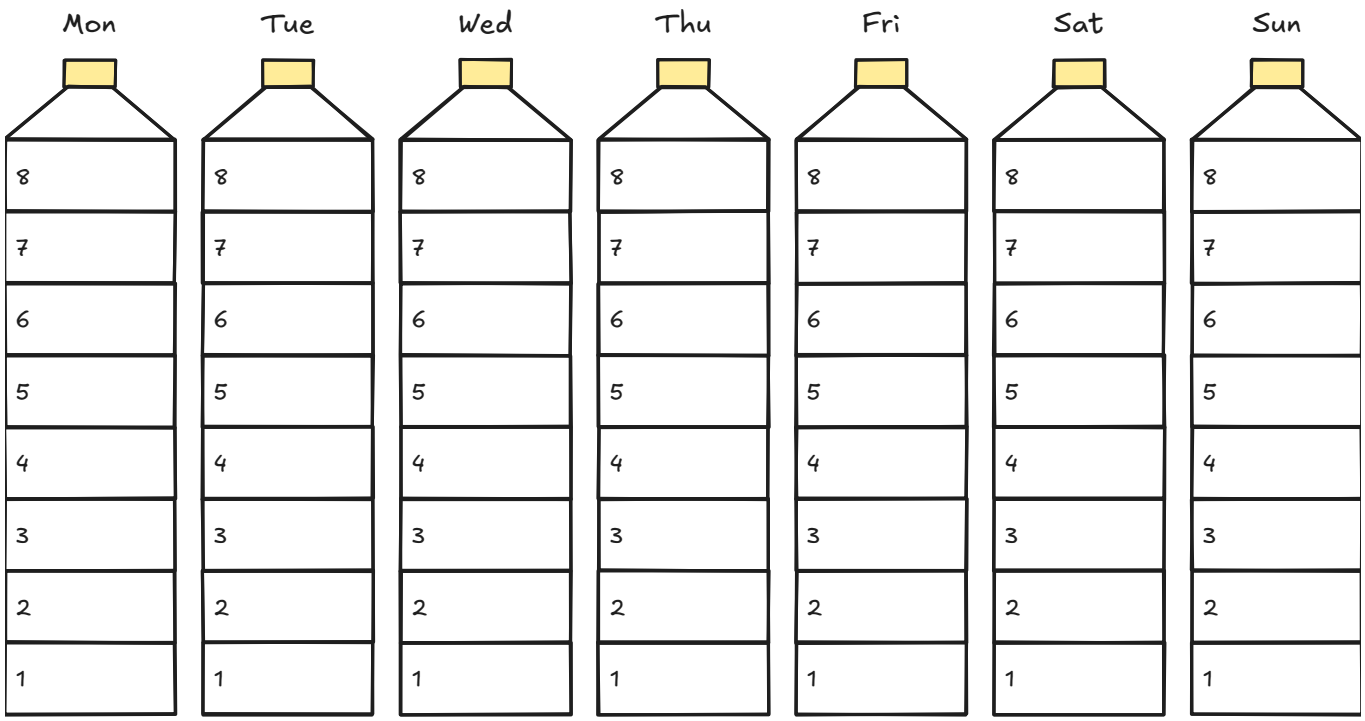
Notes

CORENK

Plan your week in the Corenk app
https://corenk.app/get?src=pdf-water

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How to use it ✳

1. Print the page on A4 or Letter. It has no dates, so start on any day.
2. Write your goal at the bottom: how many glasses a day, up to eight.
3. Each time you drink a glass, colour one band of that day's bottle, from the bottom up.
4. At the end of the week, count the bands and write the total. Print a new page for the next week.

Print tips

- A4 and Letter pages are both in this file; print the one your printer takes.
- Prints fine in black and white. 100% scale, no fit-to-page.
- Works in GoodNotes and Notability too: import the PDF and write on it.

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